

Gluten Free Mince pies

Gluten free mince pies, you can enjoy just the same as everyone else, they are just as tasty!

Why not try making a batch of these for the whole family.



Ingredients

Serves 8

- 8oz/200g of Gluten free flour
- 4oz/100g of Ice cold butter, cut into small cubes
- 1 Egg beaten
- 2-3 tbsp Ice cold water
- 1 Jar of good quality mincemeat (check ingredients for wheat products)
- Icing sugar

Method

Preheat oven, gas mark 5 / 190°C.

Sieve flour into a bowl. Rub cold butter into flour using the tips of your fingers until the mix resembles fine breadcrumbs. Gradually stir the beaten egg into the mixture with a metal spoon, adding as much cold water as you need to make a soft pastry. Bring pastry together in a ball, cover with cling-film and leave to rest in the fridge for at least 30 minutes.

Carefully roll out the pastry on a (gluten-free) floured surface to preferred thickness and cut out into rounds to line a greased tart baking tray.

Place a spoonful of mincemeat in each one. Be careful not to over-fill as they may leak during baking.

Roll out the remainder of the pastry and cut out the lid. Dampen the edges of the pastry tarts with water and carefully press on the pastry lids making a seal. Using scissors make two incisions in the middle of each lid. (You can brush with a beaten egg or lactose free milk to give pies a glaze if you wish).

Bake for 15-20 minutes until they are just beginning to turn brown. Once cooked, cool on a rack and dust with icing sugar.

Pastry is always better made fresh, but if you haven't got time, gluten-free pastry is available from most supermarkets.